



December 2013

The Park Bench

Seniors in the Park Newsletter

HOLIDAY LUNCHEON

Wednesday, December 11

It's the time of year when we come together as neighbors and friends to celebrate the holiday season with food, music and laughter. The catered meal will be served at 12:15 at the Starin Park Community Building and include your choice of Turkey Breast in Gravy or Roasted Pork Loin with Honey Rosemary Sauce, Mashed Potatoes, Sage Dressing, Root Vegetable Medley, Dinner Roll, Cherry Cobbler and Coffee, Tea or Milk. After lunch, we will enjoy music of the season, caroling and give away door prizes.

Tickets will go on sale Tuesday, November 5 and are \$12.00 each or \$10.00 for anyone who volunteered at the center this year. The **deadline** for ticket purchase will be Monday, December 2.

Rides to the center will be available if you need one. Please let us know when you purchase a ticket.



Welcoming Seniors, Boomers and Adults of all ages to our programs and trips.

Volume XIII Issue 12

WHAT'S INSIDE

2-4..... *Classes and Activities*

5 *Support Our Sponsors*

6-7..... *Travel Opportunities*

8. *Interesting Information and Coordinator's Comments*

9-10..... *Calendars*

11 *Support Our Sponsors*

12 *Activities & Services*

13 *Your Senior Center*

14-15..... *FYI & Community*

Back *ADDRESS, Phone Numbers, and Subscription info*

Seniors in the Park Promotes & Enhances a Vital Aging Community

MAH JONGG

Mondays, 1:00 pm,

Learn this brain stimulating game played with tiles. American Mah Jong will be played. (Not like the computer version.)

Instructor: Diane Schwab

COMPUTER TUTOR

Bring your own laptop or tablet, if you wish, or use the XP computers at the Senior Center. Internet, E-mail, Word, Excel, Pictures, or general topics can be raised. Please tell us what you want assistance with, when registering for your session.

Instructor: Lyle Hunter

Dates: December 3, 4, 9, 10, 11, 12, 17, and 18.

Time: 9:30 am

Cost: \$5.00 residents

\$6.25 non-residents

Register at least 3 days in advance



GREAT HOLIDAY GIFT IDEAS

- Skip the cookies! Cook and share a healthy meal with someone.
- Gift certificate for a massage
- Nutrition Site gift certificate
- Seniors in the Park gift certificate. Good for classes, trips, or services.
- Polar Plunge Mug—\$10 (See page 15)
- Seniors in the Park Cookbook—\$8.00. Great hostess gift or stocking stuffer.
- Note cards or greeting cards from Seniors in the Park (don't forget the stamps)

WORLD WAR I: A CENTENNIAL OVERVIEW

Wednesdays, 1:00 pm

January 8: The Great War: A European Royal Family Feud

January 15: Making the World Safe for Democracy: aka The War to End all Wars

January 22: World War One and the Versailles Treaty: Why it Still Matters

January 29: The 1917 Communist Revolution in Russia and the American Response

Presenter: Dr. Richard Haney, Emeritus UW-W

Thanks to UW-W Continuing Education Department for funding the series. Please register in advance.



SLOW THE EFFECTS OF AGING—WITH PROTEIN!

Tuesday, January 21, 1:00 pm

Learn about the different sources of protein available and how much you need daily to maintain your health as you age.

Presenter: Stephanie Nischik, R.D., C.D. Fort HealthCare

RSVP deadline: Wednesday, January 15

FIX & FINISH YOUR WATERCOLOR PAINTINGS

Tackle your unsuccessful paintings with new possible solutions in this three-week session. Unfinished paintings will be evaluated and possible ways to finish each painting will be discussed. Topics will include basic composition, value choices, cropping and starting over with a generous coat of white gesso. Those who wish to start a new painting are welcome to do so. Attendees are always encouraged to paint from personal references, photos, sketches or ideas. Each session will include a demonstration and discussion. There will be plenty of time for individual painting with optional one-on-one coaching.

Instructor: Karolyn Alexander Tscharnack, www.karolyn.biz

Dates/Times: Thursdays, December 5-19; 1:00-4:00 pm

Cost: \$30 payable to the instructor by cash or check.

Deadline: Monday, December 2



LINE DANCE CLASS

January 8—February 11

2:00—3:00 pm

Downtown Armory Dance Studio

Kick up your heels and have fun with Line Dance Instructor Nancy Wrench. She loves teaching all levels of students and making dancing fun for them.

Class #: 5305.11

Deadline: Thursday, January 2



Cost: \$24.00 residents; \$30.00 non-residents

(Class must be paid in advance at the Community Building or online at wwparks.org)



CORE AND MORE

Mondays & Thursdays, 8:45 - 9:15 am

This half hour class will help you to perform everyday activities safely and with ease. Balance and core exercises are done standing and on the floor. Once on the floor, we stay there until the end of class. Modifications for all levels of ability will be demonstrated. Please bring an exercise mat. A minimum of 5 people is necessary for class to run.

10 punch pass fee: \$30.00 resident

\$37.50 non-resident (passes do not expire)

No Class December 26 & 30

“FUN”CTIONAL FITNESS

Monday and Thursdays, 9:30-10:30 am

Open the door to greater independence and a healthier life with “fun”ctional fitness. Fitness instructors, Mary Zordell and Linda Geske, will lead you through a dynamic routine to promote coordination, balance, strength, and flexibility. Hand weights, tubes, leg weights, and weighted bars are all part of the fun. All levels of ability are welcome. Activities are adapted to individual needs.

Cost: \$1.00 per class or purchase 16-punch card for \$16.00

No Class December 26 & 30



WALK AWAY THE POUNDS

Wednesdays, 10:00 am

Low impact, easy to follow INDOOR walking class. Walk anywhere from 1-4 miles indoors and firm up your midsection with a walking DVD. This class is safe for all ages and fitness levels.

ZENTANGLE®

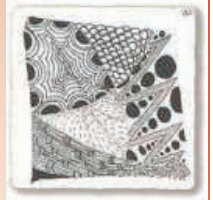
Saturday, January 18

(Snowdate: Saturday, Jan. 25)

1:00-3:00 pm

Starin Park Community Bldg

Zentangle® is an art form for those of us that are convinced we have no artistic ability. It is easy to learn...and yes, YOU can do it! Zentangle uses only paper (called tiles), a fine point marker, and repetitive strokes in a deliberate manner. Unlike other art forms, you never know what your design will look like when finished. As you create, you enter a state of relaxed focus that unlocks your creativity. The Zentangle Method was created by Rick Roberts and Maria Thomas. The fee includes a beginner's kit, including a pen and tiles.



www.zentangle.com



Class #: 5307.11 (adult)

Fees: \$33.00 Adult Res

\$41.25 Adult Non-Res

\$22.00 Youth 6-13: Res

\$27.50 Youth Non-Res

Instructor: Vera McAdow, CZT

Deadline: January 2

wwparks.org to register online

ZUMBA GOLD®

Wednesdays, 12:45 pm

Downtown Armory Dance Studio

Zumba is a fun and energizing workout. Get your party on!

Instructor: Lynette Brown

10 class punch card: \$40.00 Res.,

\$50.00 Non-Res (do not expire)

or \$5.00 walk-in pass. Pay in

advance at the Starin Park

Community Building.

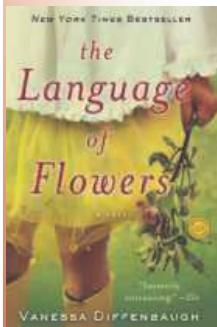
BOOK WORMS

Monday Dec. 2, 10:00 am

Come early to watch *The No. 1 Ladies Detective Agency*, by Jill Scott, TV series before we discuss the book of the month.

Monday, December 2, 10:30 am

The Book Club will discuss *Girl With the Dragon Tattoo* by Stieg Larsson. The book for January is *The Language of Flowers* by Vanessa Diffenbaugh.



The Language of Flowers, Vanessa Diffenbaugh's mesmerizing, moving, and elegantly written debut novel, beautifully

weaves past and present, creating a vivid portrait of an unforgettable young woman whose gift for flowers helps her change the lives of others even as she struggles to overcome her own troubled past.

All Seniors in the Park activities are held at the Starin Park Community Building, 504 W. Starin Rd, unless stated otherwise.

HOLIDAY OFFICE CLOSINGS

**Center closed
December 24—January 1**

OUR HOUSE SENIOR LIVING MOVIES

"Surviving Christmas"

Tuesday, December 12; 12:30 p.m.

Rated PG-13, 1 hr. 31 min.

A young, lonely, self-absorbed advertising man with no family ties (Ben Affleck) finally yearns for an ideal family Christmas...so he pays a family to be His Family for Christmas. A broad Christmas comedy, with James Gandolfini, Catherine O'Hara, Christina Applegate, and Bill Macy as the adoptive family. (2004)



"Love Actually"

Wednesday, December 18, 12:30 p.m.

Rated R, 2 hr. 15 Min.

Follow the lives of 8 different couples dealing with their love lives in various loosely, interrelated tales all set during the frantic month before Christmas, in London England. An all-star international cast includes Hugh Grant, Liam Neeson, Colin Firth, Bill Nighy, Laura Linney, and Emma Thompson.

This is a special command performance; the Seniors In the Park audience loved this film last Christmas Season! (It's also one of Deb's favorite films). Rated R for Sexuality, Nudity, Language. (2003)



HOLIDAY MEALSITE BINGO

Monday, December 23 10:30 am

Sign up to eat the holiday meal at the Walworth County Nutrition Site here in Starin Park and play bingo before the meal. Meal is Sliced ham, Green Beans, Sweet Potatoes, Pineapple Tidbits, Wheat Dinner Roll and Pumpkin Pie.



Reservations must be made by noon on Thursday, December 19 by calling 262-473-0536 or 0535 or 1-800-365-1587, ext 3333.

TURNING POINTS

**Critical Events and Influential People of the Past 30 Years—
Fairhaven Lecture Series**

Mondays, 3:00 pm, Fellowship Hall, Fairhaven

Unable to attend? Links to videos of lectures, including those from prior series can be found at <http://www.uww.edu/conteduc/fairhaven>

Dec. 2 Leave One to Tell the Story: Aloys Ruyenzi and the Untold Tragedy of the Rwandan Genocide
Mark McPhail *Dean, College of Arts and Communication*

RAINBOW

HOSPICE CARE

**Know us before
you need us**

(920) 674-6255

www.rainbowhospicecare.org

DR. JASON J. MACKEY D.C.
Doctor of Chiropractic

Luedtke-Storm-Mackey Chiropractic Clinic, S.C.



1173 W. Main St. Ste B
Whitewater, WI 53190

www.lsmchiro.com

Clinic Phone: 262-753-0017

Low income senior housing 62 or over 1 bedroom apartments

**Give us a call at
473-2229**

**We have immediate
openings.**

BROOKDALE MANOR

1061 Blackhawk Dr.
Whitewater, WI 53190

Prairie Village by Fairhaven

The perfect option for active adults
55+ who wish to live in a spacious,
private home and still enjoy all
the conveniences and security of a
retirement community.



Located north of Whitewater
City U & Fremont Rd.

For a tour and more information...

(262) 473-2140

www.fairhaven.org

We Care Every Day, In Every Way

Experienced senior care for total peace of mind

Personal Cares (bathing, toileting, dressing assistance) ~ Medication Reminders

Errands ~ Shopping ~ Dr. Appointments ~ Light Housekeeping

Meal Preparation ~ Companionship ~ Respite Care for Families

608-756-4100 or Toll Free 877-276-7039



**We offer FREE
local pick up
and delivery
service.**

**We service
all makes
and models.**



**Downtown
Whitewater**

262-473-4330



The Works \$29.95

Includes:

- Oil change - Tire rotation
- Brake inspection
- Multi-point inspection
- Fluid top-off - Battery test - Filter check - & Belts and hoses check.

OLSEN FUNERAL HOME

**DIGNIFIED SERVICE
IN A HOME-LIKE
SETTING**

*Serving Whitewater &
Surrounding area's since 1987*

**1014 W. Main St.
Whitewater
262-473-5101**

AUMANN'S SERVICE INC.

**Body Specialists
Quality Painting
24 Hr. Towing**

**122 E. Dane
(920) 674-2349**

**After Hours
(920) 674-6164**

FREE HEARING SCREENINGS

Every weekday,
every month.
Please call for an
appointment



512 Wilcox Street - Fort Atkinson
Lori Fish, Au.D. - (920) 563-6667

FortHealthCare.com/Audiology

Love Your Home?



Stay with help you can count on.

Call Society's Assets.

(262) 723-8181

- ▶ Personal Care ▶ Household Tasks
 - ▶ Companionship and Respite
 - ▶ Home Accessibility Solutions
 - Telephones and Gadgets to Increase Independence*
 - ▶ Certified WI Medicaid Personal Care Provider
- Call today for information or to arrange a FREE
in-home needs assessment for yourself or a loved one.



▶ societysassets.org

Caregiving Since 1974

GENTLE DENTISTRY

Dr. Thomas Rowley, D.D.S., S.C.

(262) 473-2242

128 N. Tratt St.

Whitewater, WI 53190

New Patients Welcomed!

whitewatergentledentistry.com

**HEARING AID BATTERY SPECIAL:
\$20 for 60 Rayovac® Mercury-Free
Batteries through May 2013**

Call ahead to reserve yours today!



(262) 472-9999

Open
10am-10pm Daily

Welcome to Delicious



"Make Our House your home"

OUR HOUSE

Memory Care

945 E. Chicago St.
Whitewater, WI

OPEN FOR TOURS & ROOMS AVAILABLE

Please contact Eric James

262-473-1011

YOUR BUSINESS SHOULD BE HERE!

**For information on advertising,
please call our newsletter
representative**

**Dennis Thompson
at 1-800-950-9952 Ext. 2470**

Email: dtompson@4LPi.com

www.SeekAndFind.com

Trips are open to adults of ALL AGES. For detailed itineraries on any of the extended trips, call 262-473-0535, send an email to dweberpal@whitewater-wi.gov, go to the city website at www.whitewater-wi.gov, (Departments, Seniors in the Park) or stop in to the Starin Park Community Building.

CALIFORNIA RAIL DISCOVERY

May 14-20, 2014

Featuring San Francisco, Lake Tahoe and the Napa Valley Wine Train.

Your adventure begins in San Francisco with a city tour and cruise of the bay with views of the Golden Gate Bridge, Alcatraz, and the city skyline. Enjoy staying in the Fisherman Wharf area. An optional tour of Monterey, Carmel, the 17-Mile Drive, and Pebble Beach is available. Travel to Napa Valley for an excursion on the Napa Valley Wine Train and enjoy a Wine Tasting and Lunch on board. Overnight in Sacramento with time to wander "Old Town Sacramento", commercial hub of the Gold Rush Era. Board Amtrak for a Sierra Nevada Rail Journey through the beautiful snowcapped Sierra Nevada Mountains to the Reno/Lake Tahoe area and spend two nights at a resort. Visit the famous old west town of Virginia City, once the richest place in the world. Enjoy a Lake Tahoe Paddlewheeler Cruise with spectacular views of picturesque Emerald Bay and the mountains. Trip includes airfare out of Milwaukee, 6 nights in first class hotels, 9 meals, admissions and sightseeing per the itinerary, hotel transfers, and Tour Director. Premier World Discovery

Cost: \$2175.00 pp/dbl Deposit due with registration: \$300 Trip is space available only.

Final payment due February 28



VIETNAM AND CAMBODIA



October 5-16, 2014

Arrive in Cambodia, the Kingdom of Wonder. Visit picturesque Ta Prohm, the ancient royal city of Angkor Thom and the Terrace of the Elephants; Banteay Srei, a 10th century Cambodian temple; UNESCO site An-

gor Wat known as one of the modern wonders of the world and conclude your Cambodian stay in Phnom Bakheng, the oldest temple in the Angkor region. Fly to Ho Chi Minh City (Saigon) where you will tour the city, see China Town, the Thein Hau Pagoda, the Ben Thanh Market and enjoy a traditional Sampan Ride on the Mekong Delta. (Optional tour to the Cu Chi Tunnels available.) A short flight takes you to Hanoi, North Vietnam. Tour Old Hanoi by traditional Cyclo Taxi and walking the 36th Street District; see a traditional Water Puppet Performance; tour Ba Dinh Square, the One Pillar Pagoda, the Temple of Literature and the Hoa Lo Prison Museum (Hanoi Hilton). Experience an overnight cruise on Ha Long Bay, considered to be the 8th Natural Wonder of the World and a UNESCO site. Includes all airfares and departure taxes, sightseeing and first class accommodations.

\$4195 pp/dbl; \$925 single supplement

\$500 deposit due April 1, 2014.

Cancellation insurance is available

TRIP PREVIEWS

Thursday January 30, 1:00 pm

Preview the California and Vietnam trips with Betsy Donofrio of Premier World Travel.

Green Bay Tour September 2013



Winery and Botanic Gardens



CLASSICAL TURKEY

April 3-15, 2014



If you were interested in this trip but couldn't go in October, here's your chance! Explore the lands of the New Testament and savor the flavor of a country where Europe meets the Middle East. Visit one of

the world's most spectacular landmarks, Hagia Sophia—once the largest church in Christendom. Explore some of Istanbul's most famous sites including a guided visit of Topkapi Palace, the official and primary residence of the Ottoman sultans for 400 years, and the Blue Mosque, renowned for its splendid architecture. Visit the ruins of Ephesus, and walk the marble avenue to the Library of Celsus and the Temple of Hadrian. Tour UNESCO sites including Troy, the ancient city of Hierapolis, and the famed rock chapels of the Goreme Valley. Other highlights are the underground city of Kaymakli, Cappadocia, Asclepion—an ancient “holistic” healing center; the Turkish Riviera, the Turkish capitol of Ankara, and the Grand Bazaar in Istanbul, and much more! Celebrate a Turkish Wedding complete with traditional food, music, whirling dervishes, and belly dancers. Trip includes roundtrip transportation from your home or the center, 19 meals, professional tour guide, sightseeing per itinerary, hotel transfers, and baggage handling in Turkey. An optional post night stay in Istanbul is available.

Fees: \$3799 pp/dbl; \$4399 sgl; Cancellation Insurance available for \$220

Collette Vacations

FIRESIDE 2014

2014 ticket price: \$63.00 (taxes, tip, and ticket fees all included!). Saves you up to 23% off individual tickets. Eighteen people is the minimum we must have for the trip to go. Invite your friends!

Payable to: The Fort Atkinson Sr. Ctr.

Transportation is on your own.

Arrive at 10:30 am. Lunch is at 11:15 and Show at 1:30.

Thurs. April 24—Fiddler on the Roof

Thurs. June 12—Driving Miss Daisy

Thurs. September 25—Les Miserables

HOLIDAY LIGHT SHOW

Thursday December 19

Let the Holiday Season shine with the light show at Rotary Gardens. With over 300,000 lights, 90 specialty displays, 150 decorated trees and a model train with more than 200 feet of track you will be amazed. The décor covers nearly 20 acres and is the only walk-through in the region. You can walk as much or as little as you want.

Cost: \$8.00 (admission and transportation)

Deadline: Thursday, December 5

Depart: 5:30 pm; Return: 8:00 pm



LUNCH BUNCH

Thursday, December 12, 10:30 am

Enjoy lunch at The Milwaukee Grill in Janesville. Savor the colors and smells of the season after lunch at K&W Greenery.

Cost: \$5.00

RSVP by Tuesday, December 10

Signups for this trip will begin on Tuesday Nov. 5

JANESVILLE SHOPPING

Wednesday, December 4, 9:30 am

Get picked up at your home and shop in Janesville. Participants decide where to shop. Bring a new friend and your ride is free!

Pickups begin at 9:30 pm.

Cost: \$5.00

RSVP by Monday, December 2

HOLIDAY TOUR

Monday, December 2

Thursday, December 5

Trips are full.

Cost: \$42.50 (Van trip)

Depart: 9:30 am; Return: 4:00 pm



MAINTAIN YOUR MEMORY

Research is starting to show that not smoking, eating healthy, especially five servings of vegetables and fruits daily, and exercising for 30 minutes a day can be beneficial to minimizing or preventing mild memory loss. Memory loss is not a natural part of aging. Most memory loss is due to poor nutrition, poor circulation, medication interactions, or disease. As you can see, investing time and energy in your health has benefits for both your body and your mind. Exercise does not have to be 30 continuous minutes. Three walks a day for 10 minutes counts. Challenge yourself to get moving and eat healthy! Your brain will thank you.



FIND US ALL AROUND TOWN

Thanks for displaying and distributing our newsletter: First Citizens Bank, Fort Community Credit Union, Commercial Bank, Associated Bank, McCulloughs, Dale's Bootery, Mercy Clinic and PT, Jessica's, ILY Library, Whitewater Street Restaurant, Whitewater Aquatic & Fitness Center, Nicole and Co, Davis/Dueher/Dean, Dr Nosek, Headquarters, Dr Rowley DDS, Culvers, Whitewater Family Practice, Dental Perfections, Mirage Hair Studio, Robins Nest, LSM Chiropractic, Whitewater Family Dentistry, Ketterhagen Ford, Woodland Quilts, and Curves.



COORDINATOR'S COMMENTS

So many people fear losing their memory, that a lot of money is being spent on memory games and puzzles. Many older adults also attribute memory loss to the aging process. Wrong! Memory loss has a cause. The recent Journal on Active Aging, repeats most of what is in the article on the left. Some of the research titles in the journal were "Healthy lifestyle choices mean fewer memory complaints", "Exercise may be the best medicine for Alzheimer's" and "Weight Loss improves memory, alters brain activity in older overweight women". What do they all have in common? A healthy lifestyle both in what you eat and how much you move. One research study asked these 5 questions: 1) Do you smoke? 2) Did you eat healthy all day yesterday? 3) In the last 7 days, on how many days did you have 5 or more servings of vegetables and fruits? 4) In the last 7 days, on how many days did you exercise for 30 minutes or more? 5) Do you have any problems with your memory? The research was conducted on adults ages 18-99. Those with one healthy behavior were 21% less likely to report memory problems, two healthy behaviors—45% less likely to report memory problems, three healthy behaviors—75% less likely to report memory problems and more than three healthy behaviors were 100% less likely. Eat your veggies! 50% of your plate should be vegetables/fruit, 25% proteins and 25% carbohydrates. Try to walk for 30 minutes a day. This can also be done in 3, 10 minute walks or while moving doing housework. Take good care of you and your memory may improve.



WISCONSIN'S FOCUS ON ENERGY PROGRAM FOR SENIORS

Heating Season is upon us. Make sure your heating equipment is ready! Focus on Energy helps Wisconsin residents lower their energy consumption and costs by making their homes more energy efficient. Since 2001, Focus on Energy has provided incentives to over 2.7 million homeowners, helping them save over \$202 million in energy costs and environmental benefits by making simple changes in their home. Focus on Energy connects homeowners to financial rewards, energy assessments, energy efficient equipment and in store discounts that help save energy for less.

<http://www.focusonenergy.com/residential/efficient-products-appliances/residential-rewards>

We offer outreach services and enhanced financial assistance for older adults who qualify and are still in their homes. By taking energy efficiency measures monthly costs are reduced and comfort is increased.



Activity Calendar

9

December 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
2 8:45 Core & More 9:30 Pabst trip departs 9:30 FUNctional Fit 10:00 Book Club DVD 10:30 Book Club 12:30 Pickleball (A) 12:30 Digital Stories 1:00 Mah Jong 1:00 Bid Euchre 1:30 Canasta	3 8:30 Pickleball (A) 9:30 Comp. Tutor 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 12:30 Foot Clinic 1:00 Sheepshead	4 9:00 Bowling (HB) 9:30 Comp. Tutor 9:30 Janesville Shop 10:00 Walking Class 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Chess 1:00 Ladies Poker 2:00 Line Dance (A)	5 8:45 Core & More 9:30 Pabst trip departs 9:30 FUNctional Fit 1:00 Watercolor 1:00 Scrabble	6 12:30 Pickleball (A)
9 8:45 Core & More 9:30 Comp. Tutor 9:30 FUNctional Fit 12:00 Senior Forum 12:30 Pickleball (A) 12:30 Digital Stories 1:00 Mah Jong 1:00 Bid Euchre 1:00 Massage Therapy	10 8:30 Pickleball (A) 9:30 Comp. Tutor 10:00 Our House Senior Living Bingo 11:00 Blood Pressure 12:30 Our House Senior Living Movie "Surviving Christmas" 1:00 Sheepshead	11 9:00 Bowling (HB) 9:30 Comp. Tutor 10:00 Walking Class 12:15 Holiday Luncheon (doors open 11:45) 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Chess 2:00 Line Dance (A)	12 8:45 Core & More 9:30 FUNctional Fit 9:30 Computer Tutor 10:30 Lunch Bunch 1:00 Watercolor	13 12:30 Pickleball (A)
16 8:45 Core & More 9:30 FUNctional Fit 12:30 Pickleball (A) 12:30 Digital Stories 1:00 Mah Jong 1:00 Bid Euchre 1:30 Canasta	17 8:30 Pickleball (A) 9:30 Computer Tutor 10:00 Scrabble 1:00 Sheepshead	18 9:00 Bowling (HB) 9:30 Comp. Tutor 10:00 Walking Class 12:30 Pickleball (A) 12:30 Our House Senior Living Movie "Love Actually" 12:45 Zumba Gold (A) 1:00 Ladies Poker 1:00 Chess 2:00 Line Dance (A)	19 8:45 Core & More 9:30 FUNctional Fit 9:30 Computer Tutor 1:00 Watercolor 5:30 Holiday Lights trip departs	20 11:30 Nutrition Site 12:30 Pickleball (A)
23 8:45 Core & More 9:30 FUNctional Fit 9:30 Computer Tutor 10:30 Mealsite Bingo 12:30 Pickleball (A) 12:30 Digital Stories 1:00 Mah Jong 1:00 Bid Euchre	24 Closed for the Holidays 	25 Closed for the Holidays 	26 Closed for the Holidays	27 12:30 Pickleball (A)
30 Closed for the Holidays	31 Closed for the Holidays 	1 	Activities take place at the Starin Park Community Building unless otherwise noted. (A)=Downtown Armory (L)=Cravath Lakefront (HB) = Hawk Bowl	

10 Walworth County Nutrition Menu

December 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Ground Turkey Chili Peas and Carrots Italian Pasta Salad Cornbread Chunky Applesauce	3 Baked Chick. Thigh/Leg Mashed Potatoes/Gravy Calif. Mixed Veggies Wheat Bread Sliced Peaches	4 Rosemary Pork Loin Sweet Potatoes Pears Wheat Roll Brownie	5 Western Meatloaf Parsley Red Potatoes Green Beans Dinner Roll Sugar Cookie	6 Burgundy Tips over Egg Noodles Garden Blend Vegetables Diced Fruit Mix Wheat Roll
9 Navy Bean Soup with Ham Hot spiced Apples Squash; Tossed Salad Dinner Roll	10 Chicken Breast Scalloped Potatoes Wis. Blend Veggies Carrot Bar Wheat Bread	11 Sliced Roast Beef Mashed Potatoes Brussels Sprouts Apricots Wheat Roll	12 Baked Breaded Fish Carrots Green Beans Lemon Poppy Seed Cake Wheat Bread	13 Chick. Cacciatore with Penne Pasta Winter Blend Vegetables Oranges and Pineapple Bread Stick
16 Parmes. Crust Pork Loin Sweet Potatoes Calif. Mixed Veggies Pears Wheat Roll	17 Sloppy Joes on a Hamburger Bun Green Bean Casserole Tropical Fruit Tossed Salad	18 Chick. & Wild Rice Soup Mediterran. Blend Veggies Applesauce with Peaches Chocolate Pudding Dinner Roll	19 Hot Shaved Turkey Mashed Potatoes Peas Chocolate Chip Cookie Wheat Bread	20 Chicken Ala King Carrots Broccoli Fruit Cocktail Baking Powder Biscuit
23 Holiday Meal Sliced Ham; Green Beans Sweet Potatoes Pineapple Tidbits Wheat Dinner Roll Pumpkin Pie	24  Dining Centers Closed	25 Christmas Holiday Dining Centers Closed 	26 Baked Drumsticks Mash. Potatoes/Gravy Brussels Sprouts Peanut Butter Cookie Wheat Bread	27 Spin./Cheese/Bacon Quiche California Veggies Red Potatoes Fruit Jell-O Dinner Roll
30 Chopped Steak Baked Potatoes Red Cabbage Mandarin Oranges Wheat Bread	31  NEW YEAR'S EVE Dining Centers Closed	1 New Year's Holiday Dining Centers Closed	Persons 60 and over and their spouses are eligible. Suggested donation is \$2.50. To reserve a meal, call 473-0536, 9:30 to noon or 1-800-365-1587, ext 3333, by noon the day prior. Meal can be cancelled day of by 8:00am by calling the 800 number	

Pack your Bags and head to...

Mulberry Glen

Senior Living Community

Discover care free retirement living at Mulberry Glen, where it's not just your apartment, it's your home!

We proudly offer:

- 1 & 2 Bedroom apartment styles
- Heat & water included
- No endowment fees
- On-site amenities & services
- Activities & social gatherings
- Amazing move-in specials!

Don't wait! Call today!

262-473-4515

1255 West Main Street • Whitewater
www.CapriCommunities.com

Stop by for your personal tour!




McCullough's

PRESCRIPTIONS GIFTS

1173 W. Main Street
473-5065



The Heartwarming House

Senior Assisted Living

Home is where the heart is...

- Private Rooms
- Home Cooked Meals
- Activities - Housekeeping
- Laundry - Salon
- Medication Management

Douglas Hearn, Administrator

238 E Madison Ave
Milton, WI 53563
608-868-3040
www.theheartwarminghouse.com

CREATIVE BALANCE

massage & wellness

821 E. Milwaukee Street
Whitewater

414-750-4321

www.creative-balance.com



Lutheran Social Services

of Wisconsin and Upper Michigan, Inc.

THE GLEN SUPPORTED LIVING & ADULT DAY CENTER

Mission Statement
Motivated by the compassion of Christ, we help people improve the quality of their lives.

Contact Mary Isaacs
1281 W Main St., Whitewater
473-9876

Senior Strategies Asset Protection

Life • Annuities • Health
Medicare Supplement
Funeral Trusts

For a No-Obligation Consultation
CALL PEGGY AT 262-716-4301

Email: ift.seniorstrategies@gmail.com

CEDAR CREST

Rock County's only continuing care community

- ◆ Town Homes ◆ Independent Apartments
- ◆ Assisted Living ◆ Memory Care ◆ Health Care Center

For more information and a private tour, call (608) 373-6304.

1702 S. River Rd., Janesville
www.cedarcrestnet.com

Start YOUR Success Story for \$10

Come find out what success looks like on you.

www.curves.com

Curves

262-472-9920
625 S. Janesville St. Whitewater

SOLVE YOUR HEALTHCARE CRISIS

Get Your Free Quote Today!
1-800-348-5915

iCan offers programs that guarantee you will not be turned down for any health-related reason.

Just for calling you get a no cost, no obligation Humana Prescription Savings Card! Trusted, Licensed Agents are ready for your call.




YOUR BUSINESS SHOULD BE HERE!

For information on advertising, please call our church representative

DENNIS THOMPSON at
1-800-950-9952 Ext. 2470
Email: dthompson@4LPi.com
www.SeekAndFind.com

Fairhaven Senior Services

For Over 50 years, Fairhaven has been providing attentive and compassionate service to the senior community.



Prairie Village - Senior Homes
Fairhaven Apartments
Supportive Living/Assisted Living
Nursing & Rehabilitation
Hearthstone - Memory Care

Fairhaven Senior Services
435 Starin Road • Whitewater, WI 53190
262-473-2140 • www.fairhaven.org

Find out how affordable Fairhaven Can Be!

Celebrating 150 Years of Service!




\$250,000 FDIC Coverage
Safety & Soundness

Rated A & Excellent by WeissRatings.com

Serving Whitewater & East Troy

Member FDIC www.firstcitizensww.com



IHOP RESTAURANT

Breakfast, Lunch & Dinner

3000 Deefield Drive
Janesville, WI 53546
(608) 756-1175

20% off Breakfast, Lunch or Dinner. Valid Anytime.

Blackhawk Manor

Spacious two bedroom apartments, with walk-in closets, and newly renovated kitchens. Large banquet and fitness rooms, garages available.

1155 West Blackhawk Drive, Whitewater
262-473-2259

The Nasco

Dedicated to Delivery
Catalog Outlet Stores

Senior Citizen Day

The 1st Wednesday of every month is now designated Senior Citizen Day at the Nasco Catalog Outlet and Arts & Crafts Stores!

AS A SENIOR CITIZEN, YOU ARE ELIGIBLE FOR A 15%* STORE DISCOUNT

901 Janesville Ave. • Fort Atkinson
920-568-5600

SERVICES AT A GLANCE

Foot Clinic: Tuesday, December 3, by Appointments only.

Please bring a towel. \$15.00.

Therapeutic Massage: Monday, December 9, 1:00 pm. Half-hour massages for \$25. Appointments only.

Blood Pressure Screenings:
Tuesday, December 10, 11:00 am Provided free by Our House.
Tuesday, January 28, 11:00 am. Provided Free by Country Nurses. This service will be provided every other month.

Other Services:

- Free computer/internet access
- A document shredder is available (1-inch stack of documents or less to shred)
- There are books, magazines, & puzzles available to borrow FREE from our library.
- Newcomer tours are offered by appointment.

NON-RESIDENT INFORMATION

There is a non-resident fee for all programs for participants who do not reside in the Whitewater Unified School District. This fee will be an additional 25% of the listed program fee.



BINGO

Tuesdays, 10:00 am

Dec. 3: Culver's

Dec. 10: Our House Senior Living

BINGO SPONSORS

Culver's and Our House Senior Living

Mulberry Glen: Cookies & Lemonade

CITY BINGO SPONSORS:

Topper's Pizza * Rick's * Bergey Jewelry * Headquarters Salon
 Floral Villa * Beijing Buffet * Jimmy Johns * Dale's Bootery *
 First Citizens State Bank * Fort HealthCare* Commercial Bank
 Jessica's Restaurant * Taco Bell * Subway * Dalee Water Cond.
 Mirage Hair Studio* Dental Perfections* Ketterhagen Ford
 Rosa's Pizza * Rocky Rococo Pizza * Pizza Hut * McDonald's
 Fort Comm. Credit Union * Eastsider/Westsider *Fairhaven
 Randy's * Walworth Co. Nutrition * Binning & Dickens Insurance

ACTIVITIES AT A GLANCE

Bid Euchre—Mondays 1:00 pm

Bingo—First, Second and Fourth Tuesdays at 10:00 am

Book Club—First Monday 10:30. Books available at Starin Park

Bowling—Wednesdays, 9:00 am

Canasta—First, third and fifth Mondays 1:30 pm

Chess—Wednesdays, 1:00 pm Beginners welcome

Core and More—Mondays and Thursdays, 8:45 am; \$3.00/class

Dominoes—First Tuesday 11:45 am

'FUN'ctional Fitness—Mon & Thurs. 9:30 am; \$1.00 per class

Ladies Poker—First and third Wednesday at 1:00 pm

Potluck—First Tuesday 11:15 am

Pickleball—Monday, Wednesday and Friday 12:30-2:30 and Tuesday 8:30—10:30 at the Downtown Armory

Scrabble—First Thursday, 1:00 pm; Third Tuesday, 10:00 am

Sheepshead—Tuesdays, 1:00 pm

Texas Hold 'em Poker—Ladies: First & Third Wednesday 1:00 pm

Walk off the Pounds—Wednesdays, 10:00 am

Zumba Gold ®-Wednesdays 12:45 pm, Downtown Armory. \$40.00 punch card or \$5.00 walk-in. Must be paid for at Starin Park.

DON'T LET FINANCES KEEP YOU FROM PARTICIPATING

Scholarships are available for those who cannot afford the required fees for Seniors in the Park programs. Talk to Deb if you are interested in applying for scholarship funds.

SHARE YOUR TIME AND TALENTS

2014 Accreditation Assistance—Work Groups are being formed to look at different areas of Accreditation and will meet 2-3 times at your convenience. Most groups will tweak what is already in place. Work groups include:

- Purpose and Mission
- Advocacy and Partners
- Public Info/PR/Marketing
- Community Planning
- Programs and Evaluation
- Facility and Safety
- Volunteers
- Policies and Procedures.



You all have talents and knowledge, and I'm hoping you are willing to share yours with us.

Park Bench Cable TV Show—Research and discover topics and schedule guests for the cable TV show coordinating with Alan Luckett, Cable TV, and the show host. One guest per month.

HIRING PAID RECEPTIONIST

The Senior Forum group has approved spending fundraising monies for an eight hour a week receptionist at minimum wage for 2014. I am grateful for the opportunity to bring someone in to assist with day-to-day activities, volunteers and administrative assistance. If you are interested in the position, please contact Deb. The job description and application will also be on the city website.

THANK YOU

Lynton Piatt—for donating 100 Questions Reminisce booklets.

John Rowe—making a tablet holder

Sharron McCarthy for filling at the reception desk when needed.



FUNDS FOR FRIENDS

Thanks to everyone for getting Funds for Friends stickers on your Sentry receipts. Sentry is a great supporter of our community, giving away thousands of dollars through this program and other in-kind donations to the community. Please shop local and support those who support us.

CHRISTMAS GREETINGS



New cards have

arrived!! We have a great selection of Christmas (both individual and packets), birthday, and everyday cards. Most cards are priced from 50 cents to \$1.50. Stop in and check out our selection.

TYPO, WE GOOFED, HUMAN ERROR !?

Occasionally there may be an error in days, times, registration dates, or fees in the newsletter. When such errors occur, we will do everything possible to correct the situation promptly. We thank you for your patience and understanding. **Spot a typo or error and bring it to the office for a treat (the first 5 people).**

HAPPY DECEMBER BIRTHDAYS TO:

- 3 Clara Bastian
- 5 Mona Baker
- 8 Janet Nell
- 23 Bruce Parker

If you want to be on our birthday list let Deb or Susan know your birth month and day, and correct spelling of your name, and you can be in the newsletter, too!

Please cut out this
"Thank You Coupon"
and present it the next time you
Patronize one of our Advertisers

Thank You

THANK YOU for Advertising with
Seniors in the Park

*I am patronizing your business
because of it!*

THE MEDICAID PURCHASE PLAN CAN HELP DISABLED SENIORS WITH MEDICAL COSTS

The Medicaid Purchase Plan (MAPP) is a Medicaid program that is available to people with a disability (including Seniors) who meet the following requirements:

- 18 years of age or older and a Wisconsin resident.
- Countable assets less than \$15,000 (does not include value of a home or vehicle.)
- Adjusted income less than 250% of the Federal Poverty Level (\$2393.75 monthly for a single person; \$3231.25 monthly for a couple.)
- Have a disability determination from the DHS Disability Determination Bureau.
- Be employed in a compensated position (includes wages or in-kind payments, also includes self-employment) at least one hour per month.

People who qualify for MAPP can receive Medicaid benefits. Even if you already have Medicare, you can qualify for MAPP. MAPP can help pay for medical expenses. Some people with incomes above 150% of the Federal Poverty level will have to pay a premium for MAPP.

The work requirement can be met by paid employment; but it is possible to meet the work requirement even if you do not have paid employment. Some other ways this requirement can be met include babysitting for grandchildren in return for home cooked meals or cleaning at church for coffee and donuts. The requirement can be met by a minimum of working once per month for an hour. People who do not have a job can enroll in a certified Health and Employment Counseling Program for assistance. Participation in the program meets the work requirement for MAPP until employment is obtained.

Contact your Elder Benefit Specialist at the ADRC for more information about MAPP. 800-365-1587

LET US DO THE COOKING!

Holidays are a busy time of the year. Let us do the cooking! Enjoy good food, pleasant company, and a donation of only \$2.50 for the meal. Those unable to afford the donation are still welcome as the donation is anonymous. Anyone 60+ and their spouse is welcome to attend. Nutrition Site meals are served at 11:30 am, Monday - Friday. The Nutrition Program will be at Brookdale on Wednesdays and Fridays, except the third Friday. To reserve a meal, call 262-473-0536 by noon a day in advance (call Friday for a Monday meal) or call Walworth County at 1-800-365-1587, ext. 3333 and leave your name, phone, and the meal site you would like to attend.

Cancellations must be called in no later than 8:00 am the day of your reservation or the night before.

Please call the Nutrition office at **262-741-3333** and leave your message.

BAD WEATHER CLOSINGS

In case of inclement weather, (Snow that four letter "S" word), program cancellations will be on Whitewater Cable Channel 98, digital 990, or radio stations WFAW 940 AM and WSJY 107.3 FM, or online on the Whitewater Banner.

THE CHILLY WILLIES

As temperatures drop and winter approaches, the thermostats in the building are set at a reasonable temperature per City policy. Please bring a sweater or dress in layers so you are comfortable in our building.



FREEZE FEST & POLAR PLUNGE 2014

Saturday, February 15

Save the Date!!!! Think about being part of a plunge team, helping with the Chili Cook-off or supporting a plunger.



It's a fun event, especially when the weather cooperates. Polar Plunge coffee mugs (\$10) will be on sale in December and will make a great stocking stuffer. Bring it to the Chili Cook-off for FREE samples of chili. You will also be able to support the plunge by donating \$1 to get your name on a polar



PARKS & RECREATION WINTER CLASSES ONLINE!

Go to wwparks.org and see all the new winter activities. The printed brochure is available in December, Parks and Recreation will be switching their online registration system to RecDesk. It is a much easier system to navigate. You will need to create a new account. A calendar of all events at all facilities will be on the site, also. You can reserve facilities from the site.

CHALLENGING, UNFAMILIAR ACTIVITIES KEEP BRAINS SHARP

“Brain games” are intended to keep people mentally active. These can be computer-assisted exercises, trivia and word games, college courses and similar mental challenges. A new study shows that “challenge” is the key to the benefit of these activities. STUDY: A group of 221 adults, ages 60 to 90, were randomly assigned to either learn a new skill—digital photography, quilting or both—or to familiar activities at home, such as listening to classical music and completing word puzzles. They participated for 15 hours a week over the course of three months. Some participants were assigned to a social group that included social interactions, field trips and entertainment.

FINDINGS: At the end of three months, the adults who were productively engaged in learning new skills showed improvements in memory compared to those who engaged in social activities or non-demanding mental activities at home.

COMMENT: “It seems it is not enough just to get out and do something—it is important to get out and do something that is unfamiliar and mentally challenging, and that provides broad stimulation mentally and socially,” said Denise Park, PhD, of the University of Texas at Dallas. “When you are inside your comfort zone you may be outside of the enhancement zone.”

SOURCE: Association for Psychological Science (October 21, 2013)

From the Sharing Our Best—Seniors in the Park Cookbook. On sale at the Starin Park Community Building, \$8.00. Great hostess or holiday gift.



CHOCOLATE CHIP CHEESE BALL OR DIP

- | | |
|---|--|
| 8 oz. cream cheese, softened | 3/4 c. miniature semisweet chocolate chips |
| 1/2 c. butter, no substitutes, softened | 3/4 c. finely chopped pecans |
| 1/4 tea. vanilla extract | Graham crackers or graham cracker sticks |
| 3/4 c. confectioners' sugar | |
| 2 Tbsp. brown sugar | |

In a mixing bowl, beat the cream cheese, butter, and vanilla until fluffy. Gradually add sugars; beat just until combined. Stir in chocolate chips. Cover and refrigerate for 2 hours. Place cream cheese mixture on a large piece of plastic wrap; shape into a ball. Refrigerate for at least 1 hour. Just before serving, roll cheese ball in pecans. Serve with graham crackers.

If desired, omit shaping into a ball and serve in a bowl as a dip. Pecans should be mixed into dip before refrigerating or omitted.

Parks & Recreation:
wwparks.org

Seniors in the Park

PO Box 178
Whitewater WI 53190



*Accredited by the
Wisconsin Assoc.
of Senior Centers*

MEMBER:

Wis. Association of Senior Ctrs.
Wis. Parks & Recreation Assn.
National Council on Aging
Nat'l Institute of Senior Centers
Nat'l Parks & Recreation Assn.
Intern'l Council on Active Aging

SENIORS IN THE PARK



504 W Starin Rd, PO Box 178
Whitewater WI 53190

Phone 262-473-0535
Fax 262-473-0537
Nutrition Site 262-473-0536
Hours....Mon-Thurs, 9:00 am-4:00 pm

Senior Coordinator

Deb Weberpal, CPRP
dweberpal@whitewater-wi.gov

Volunteer Editor

Romelle Koch

Director

Matt Amundson, CPRP

Recreation & Community Events Coordinator

Michelle Dujardin

Sports Coordinator

Abby Schultz

For General City information see the
city website at
www.whitewater-wi.gov.

NEWSLETTER SUBSCRIPTION OR PICK-UP SITES

To have the Seniors in the Park Newsletter mailed to your home for one year, send **\$8.00** with this coupon. To receive the newsletter **FREE**, go online to www.whitewater-wi.gov, click on Departments, then Seniors in the Park or www.whitewaterbanner.com and look for the link in the left column or www.seekandfind.com. The newsletter is available for pick up at the Starin Park Community Building, Municipal Building, the Whitewater Aquatic and Fitness Center, the Irvin L. Young Memorial Library and other businesses in Whitewater.

Name _____

E-Mail _____

Address _____
